



National Aeronautics and Space Administration
Goddard Space Flight Center
Wallops Flight Facility, Wallops Island, Virginia

Inside Wallops

Volume XX-02

Number 22

August 5, 2002

Wallops Management Operations Directorate 2002 Awards

Congratulations to the following Wallops employees who received awards as noted during a luncheon held July 30. Presentations were made by Caroline Massey, Assistant Director, Management Operations Directorate.

Team Leader of the Year



Photo by J.M.Foley

Jerry Wall

Gold Star

| | |
|-----------------|------------|
| Joel Mitchell | Tom Wilson |
| Bonnie Crawford | Jay Savage |

Innovation

Larry Duffy

Telephone System Cutover Team

| | |
|------------------|-----------------|
| Carl Johnson | Jim Brady |
| Jay Savage | Rock Hilmoe |
| Andi Wessells | Warren Williams |
| Virginia Strand | Jean Lopez |
| Kirk Webb | Terry Spurley |
| Printis Drummond | Lee Wingfield |
| Johnny Gibbons | Fred Hipple |

Career Development Working Group

Peter Turlington

Procurement Team

| | |
|---------------|----------------|
| Jim Mitchell | Mickey Merritt |
| Sandra Savage | Lisa Hall |

Property Inventory Team

| | |
|-----------------|---------------|
| Terry Ewell | Regina Waters |
| Alvin Taylor | Kevin Harmon |
| Roland Satchell | |

Security Team

The CUBE Corporation

Wallops Institutional Consolidated Contract (WICC) Transition Team

| | |
|-----------------|-----------------|
| Jay Huston | Robert Coffman |
| Ted Osmon | Harvey Spurlock |
| Dave Quilen | Chuck Chesser |
| Clayton Wetzell | Dale Carros |
| Anne Marie Ryan | |

WICC Acquisition Process Team

| | |
|------------------|-----------------|
| Tom Arceneaux | James Dolan |
| A. J. Kellam | Kirk Webb |
| Theodore Bugtong | Caroline Massey |
| Bill Bott | Jean Lopez |
| Pam Taylor | James Hill |
| Bill Phillips | Wayne Redmond |
| Carl Johnson | Scott Webb |
| Sandy Bowden | Terry Potterton |
| Bernie Pagliaro | |

Wallops Shorts.....

In the News

Eastern Shore Post

"Students Soaring to New Heights in Summer Program"

Daily Press

"Bill asks NASA to Eye Wallops as a Launch Site"

Aviation Daily

"Senate Panel Seeks Spacecraft Testing Work for Wallops Facility"

Daily Times

"Budget Bill Directs NASA to Study Wallops Launch Site"

Daily Times

"Senator Pushes Study of Bigger Role for Wallops"

Associated Press Story

"Future Shuttle Launch From Virginia?"

Human Capital Working Group

by A. V. Diaz

The Center has started to develop a strategic plan for the development of our greatest asset - our people. The plan will enable the creation of a vibrant and inclusive community, bringing together people with diverse talent and knowledge to support the Agency's vision, mission and values. While this has been a major part of Goddard's overall strategy for years, it is now more important than ever that we develop a plan for the strategic management of human capital - and this is where I need your help.

Our future mission responsibilities are expected to be some of the most challenging in Goddard's history. All evidence illustrates the need to act quickly and think strategically.

To address our current and future challenges, the Goddard Human Capital Working Group has been assembled to develop a Goddard Human Capital Strategic Plan. We want to involve people in our community from all levels of the organization in the creation of the Goddard Human Capital Strategic Plan.

Individuals throughout Goddard will be randomly selected to participate in short information-gathering sessions. This is our opportunity to get your input on how we can best utilize our people in the years to come. If you are randomly selected, I strongly encourage you to attend.

Your active participation is critical and appreciated. This is your opportunity to express what is important to you and to have an influence on our future.

Teachers at Wallops



Digital photo by Ed Parrott.

NEW teachers (left) learned the principles of launching rockets and then made and launched bottle rockets.

Twenty-six teachers from throughout the Northeastern United States spent last week at Wallops participating in the NASA Education Workshop (NEW). During the week, the teachers learned about research conducted at Wallops and discussed how this research can be applied to classroom curriculum. This is the fourth year Wallops has hosted a NEW group. Prior to coming to Wallops, the group spent a week at GSFC, Greenbelt.

Weight Loss and Maintenance Fit For A Lifetime

· Losing weight is simply scientific: a person must burn up more calories than are taken in. This can be done by either eating less or exercising more.

· Combining diet and exercise is the most effective way to shed pounds.

· Exercise has more benefits than just burning calories. Exercise can decrease the appetite, make the dieter feel better and continue to burn calories at a higher rate for some time following the workout.



· Women face more of a challenge losing weight than men do. Women need fewer calories than men. So they must decrease caloric intake more than males just to lose the same amount of weight.

· Consult your physician before embarking on any weight loss or exercise program.

· Aim for a moderate weight loss of one to two pounds a week. Losses greater than this tend to be water and lean muscle tissue, not fat.

· Reduce portion sizes but maintain a balanced diet. Eat grains and cereals, fruits and vegetables, fish and lean meats with all fat removed before cooking and low-or non-fat dairy foods.
· Limit your intake of fats, sweets and high-calorie foods.

· Exercise regularly and as often as your doctor recommends.

· Count calories if it is helpful. Drink 6-8 glasses of water daily.

· Once your pounds are shed become aware of the eating habits that put on the weight. Stay with the foods you were eating on your diet, but make the portions a little larger. Continue to exercise regularly.

Annual Beach Cleanup Set

The annual beach cleanup on Wallops Island is scheduled for September 14. The activity is part of the U.S. Coastal Cleanup.

Material collected is classified and tabulated. This information goes to the Center for Marine Conservation, which monitors the health of the U.S. coastline.

The collection begins at 9:00 a.m. and takes about two hours. The Wallops Island beach cleanup is open to employees, family and friends that are U.S. citizens.

To register, call the Public Affairs Office on x1139 or email Elizabeth.B.Flowers.1@gsfc.nasa.gov by September 11.

Construction Safety & Health Training

Crane Operations & Rigging Safety Refresher

Registration due date:
August 28, 2002

Construction Safety & Health
September 17-20
8 a.m. – 4 p.m.
Building E-2 Classroom

Crane Operations & Rigging Safety
Refresher
September 19
8 a.m. – noon
Building E-2 Classroom

Construction Safety & Health

The information in this course will help make construction activities safe and help comply with OSHA regulations. Information covered includes an introduction to OSHA construction standards; hand and power tool; health hazards and personal protective equipment; electrical safety in construction; construction equipment; signs, signals, and barricades; steel erection; confined space entry; safety management programs; and new construction standards.

Crane Operations & Rigging Safety Refresher

This course promotes crane safety awareness and the understanding of industry, OSHA, and NASA standards and regulations pertaining to overhead crane operations. It serves as a refresher in overhead crane safety and awareness for operators, riggers, signalmen, supervisors and safety personnel. Areas of concentration include general safety in crane operations, testing, inspections, pre-lift plans and safe rigging

These courses are offered at no cost to all NASA and contractor employees.

For information contact Dwayne Rye at: darye@pop800.gsfc.nasa.gov or call extension 1884.

For Sale

Pug puppies - AKC registered, 7 weeks old, vet checked - first shots, father – DNA certified. Both parents can be seen. Call Sandy Bowden on (757) 824-0046 after 5 p.m.

For Sale

Wolff Portable Tanning Bed (i.e. one side only)

Type: 1000 SH; 110 V; 600 W. All bulbs work; low hours; last used a year ago. \$300

For information call Christy Merrill, on (757) 336-6632 or email: christym@intercom.net

Aerobics Club News

A new six-week session with the Wallops Aerobics Club is starting.

Come over to the Gym (Building D-10) and join in.

Class Schedule

Toning on Monday and
Wednesday
noon - 12:30 p.m.

Step Aerobics/Toning on
Monday and Wednesday
5 – 6 p.m.

Aerobics on Tuesday and Friday
noon - 12:30 p.m.

Step Aerobics/Toning on Friday
4:40 p.m. - 5:40 p.m.

Ta'i Chi class will begin on September 19. Call John Brinton, x1099 for more details.

For information on the aerobics schedule, call Annette Conger, x2596, or Jeanette Smolinski, x1512.



Tailgate Sale

August 14
11:30 a.m.
Flag Court Parking Lot
(across from the cafeteria)

If it rains, the Tailgate Sale will be held in the pavilion between Building F-10 and the softball fields.

Mark your calendar

Wallops Flight Facility
American Heritage Week
October 7 – 10, 2002

Wallops Morale Activities Committee

Lobster Feast

6 p.m.
August 23
Building F-3



A few tickets are still available at \$15 per person. Contact Karen in the Wallops Exchange on x2020.

Inside Wallops is an official publication of Goddard Space Flight Center and is published by the Wallops Office of Public Affairs, Extension 1584, in the interest of Wallops employees. Recent and past issues of *Inside Wallops* also may be found on the NASA Wallops Flight Facility homepage: www.wff.nasa.gov

Editor

Betty Flowers